

PTA

POHAKULOA TRAINING AREA

‘Golden Dragons’ train on Big Island of Hawaii



Sgt. 1st Class Ron Aguilar of HHC, 1st Bn., 14th Inf. Regt., 2nd BCT, 25th Inf. Div., gives signals to the driver of a Mobile Gun System, or MGS, Stryker as it prepares to drive onto the LSV, May 8 at Waipio Point to prepare for the unit’s training at PTA on the Big Island of Hawaii.

Story and Photo by
1ST LT. ANDREW SCHMIDT
1st Battalion, 14th Infantry Regiment,
2nd Brigade Combat Team Public Affairs, 25th Infantry Division

WAIPIO POINT, Hawaii — Dust fills the air as Sgt. 1st Class Ron Aguilar, the mortar platoon sergeant in Headquarters and Headquarters Company, 1st Battalion, 14th Infantry Regiment, “Golden Dragons,” 2nd Brigade Combat Team, 25th Infantry Division, stands in front of a Stryker vehicle preparing to drive onto the Logistics Support Vessel, or LSV.

“Why are your side mirrors still angled out?” he yells to the driver.

Aguilar quickly moves to each side of the Stryker and pivots the mirrors flush with the Stryker’s armored sides. As he does, each vehicle behind the Stryker follows suit and pivots their mirrors inward.

Prior to loading the boat, the ship’s crew gave explicit instructions on making the vehicle as narrow as possible to maximize space on the ship. Every inch of space on the LSV must be conserved and utilized efficiently for the multiple trips to the Big Island of Hawaii.

The LSV is the U.S. Army’s largest powered watercraft. It is designed to carry up to 2,000 tons of cargo right up to shore during operations. The vessel’s cargo deck can hold any vehicle in the U.S. Army inventory and can carry up to 25 Stryker vehicles at once. The cargo hold would be tested as 14th Inf.

See **GOLDEN DRAGONS A-4**

USAG-HI to host online forum to address community concerns

LACEY JUSTINGER
U.S. Army Garrison-Hawaii Public Affairs

WHEELER ARMY AIRFIELD — Soldiers and families have the opportunity to ask questions or voice concerns about on-post services and support during U.S. Army Garrison-Hawaii’s quarterly Facebook town hall.

The next virtual town hall is 6-7:30 p.m., May 29, at www.facebook.com/usaghawaii under the “Events” tab in the top menu.

“We are getting tremendous participation from social media outlets,” said Col. Douglas Mulbury, commander, USAG-HI.

This latest initiative in town halls allows service and family members to interact with USAG-HI subject matter experts, or SMEs, in a familiar and convenient venue.

SMEs from several USAG-HI’s organizations — including the Directorate of Emergency Services, which oversees police, fire, traffic and security issues; Island Palm Communities, which handles family housing; the Directorate of Public Works, which is responsible for road construction; and the Directorate of Family and Morale, Welfare and Recreation, which runs programs like Army Community Service, the School Liaison Office and Child, Youth and School Services — are on hand to respond to posts.

“Soldiers and their families lead very busy lives, and their time is valuable,” Mulbury said. “Having the virtual town hall will provide convenience and alleviate the need for families to arrange child care.”

Participants who post comments on the USAG-

HI’s “Wall” will be redirected to the event page, the only place questions will be addressed, and are reminded that this is a family-friendly event; offensive or derogatory comments and questions that are offensive or derogatory will be removed.

Participants are asked for patience in receiving a response. With the historical high volume of comments, SMEs are not able to address every issues in the timeframe, but they will do their best to promptly respond to as many concerns as possible.

Some queries may need additional research or to be forwarded on to an organization not in attendance. Any queries not addressed that night will be answered in the coming days.

“This Facebook town hall is the perfect time for Soldiers, family members, civilians and community members to speak about what’s on their minds and get answers,” said Dennis Drake, director, Public Affairs, USAG-HI.

Got questions?

The Facebook town hall is 6-7:30 p.m., May 29, at www.facebook.com/usaghawaii. Click on the “Events” tab, located in the top menu, then click on “Garrison Facebook Town Hall (May).”

- Anonymous or private questions:
- emailed to: AskTheCommander.usaghi@us.army.mil
 - posted at: [ice.disa.mil](https://www.facebook.com/ice.disa.mil)

Annual hurricane exercise to begin

FRANCIS SMITH
Directorate of Plans, Training, Mobilization, and Security; U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — U.S. Army Garrison-Hawaii will conduct its annual hurricane exercise, Makani Pahili (Hawaiian for strong winds), May 29-June 7.

This exercise is scheduled to prepare for Hawaii’s hurricane season, in effect June-December.

Makani Pahili is a joint exercise that involves the State of Hawaii and all branches of the armed services here in Hawaii. Key exercise objectives are to test disaster preparedness plans and

procedures, to test alert procedures and communications systems, and to test select safe havens and family assistance centers at both Schofield Barracks and Fort Shafter.

All residents should expect to see and hear “Exercise-Exercise-Exercise” alerts and announcements from USAG-HI’s mass notification and giant-voice systems, emails and websites during the exercise.

Do not be alarmed. This is only an exercise. USAG-HI leaders ask for the Army community’s patience, understanding and support during this important exercise.



See **HURRICANE A-4**

TAMC celebrates Asian, Pacific Island cultures

STEPHANIE BRYANT
Tripler Army Medical Center Public Affairs

HONOLULU — Kyser Auditorium at Tripler Army Medical Center was standing room only as staff celebrated Asian Pacific American Heritage Month May 17.

This year’s theme is “Striving for Excellence in Leadership, Diversity and Inclusion.” The national observance recognizes more than 50 ethnic groups and more than 100 different languages from Asia and the Pacific Islands.

Being located in the Pacific region and embedded in Asian and Pacific Islander cultures since 1907 when the hospital was first constructed has allowed Tripler to become a diverse institution with numerous Asian-American and Pacific Islander staff.

The observance started with Annie Dela Pena, Emergency Department, TAMC, performing a traditional Hawaiian welcome dance called welena. This was just one of six dances performed from five different Asian and Pacific Island cultures.

Col. Alex Zotomayor, chief logistician, Pacific Regional Medical Command and Chief of Logistics, TAMC, was guest speaker. Zotomayor, along with his parents and brother, was born in the Philippines and migrated to the U.S. in 1970.

“As a colonel, as a Filipino and as a Soldier in the United States Army, I am a living example of leadership, diversity and inclusion,” Zotomayor said. “The type of leader that I am and the type of person that I am did not start when I put on the green suit. It started with (my family).”

Zotomayor attributes his character to his family and upbringing. He described many of the qualities his family have that closely relate to military values.

“Integrity, do what’s right, is a basic lesson that my mother taught (my brother and me),” Zotomayor said. “Duty. My father’s place of business was in downtown Chicago (and he traveled) an hour every

See **CELEBRATION A-4**



Soraya Robello | Tripler Army Medical Center Visual Information

Cynthia Rabina-Houck performs a Hawaiian mai lei, or hula with a message, during TAMC’s Asian and Pacific American Heritage Month observance in Kyser Auditorium. The hula was one of six dances performed.

Memorial Day | A-3

USARPAC leaders offers holiday wishes.

Top Reservists | A-4

Winners of the Army Reserves Best Warrior Competition named.

Preparing for a move | B-1

Advice for making relocation less stressful.

Time to celebrate| B-3

USAG-HI holds its annual celebration.



We want to hear from you...

The Hawaii Army Weekly welcomes articles from Army organizations, announcements from the general public about community events of interest to the military community, and letters and commentaries.

If you have newsworthy ideas or stories you'd like to write, coordinate with the managing editor at 656-3156, or e-mail editor@hawaiiarmyweekly.com.

The editorial deadline for articles and announcements is the Friday prior to Friday publications. Prior coordination is mandatory.

Articles must be text or Word files with complete information, no abbreviations; accompanying photographs must be digital, high resolution, jpeg files with full captions and bylines.

The Hawaii Army Weekly is an authorized newspaper and is published in the interest of the U.S. Army community in Hawaii.

All editorial content of the Hawaii Army Weekly is the responsibility of the U.S. Army, Hawaii Public Affairs Office, Schofield Barracks, Hawaii 96857. Contents of the Hawaii Army Weekly are not necessarily the official views of, or endorsed by, the U.S. Government or the Department of the Army.

The Hawaii Army Weekly is printed by The Honolulu Star-Advertiser, a private firm in no way connected with the U.S. Government, under exclusive written agreement with the U.S. Army, Hawaii.

The Hawaii Army Weekly is published weekly using the offset method of reproduction and has a printed circulation of 15,300.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

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Nondelivery or distribution
656-3155 or 656-3156

140 days since last fatal accident

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 05/24/12.

Ask the Garrison Commander!

U.S. GARRISON-HAWAII
Public Affairs Office

The “Ask the Garrison Commander” program allows Soldiers, civilians and family members to present concerns and recommend outcomes.

U.S. Army Garrison-Hawaii directorates and support staff research queries and provide responses to me, which are monitored by a customer management team.

A sampling of these questions that have community-wide impact are published in the Hawaii Army Weekly. Submit questions via the Ask the Garrison Commander email address and through the USAG-HI web link at www.garrison.hawaii.army.mil/comments/contactgc.aspx. Time-sensitive concerns should be directed to the Interactive Customer Evaluation system at ice.disa.mil.

Q: Can you help us curtail speeding our in our neighborhood on Fort Shafter? People have been picking up their speed in between the newly installed speed humps. With the modifications to the traffic pattern, it is anticipated that there will be an increase of incidences with speeders and poses a serious safety concern.

A: Speeding continues to be a problem on our Army installations with law enforcement issuing about 2,000-3,000 tickets a year. Speed limits are established based on traffic studies and other safety

Mulberry addresses speeding, dog parks



Mulbury

issue. It is important to always be aware of the posted speed limits.

Speed limits are established to ensure that anyone traveling the roads can do so safe and reach their destination.

In June, Island Palm Communities, U.S. Army Garrison-Hawaii and the Directorate of Emergency Services, with the support of Geico, will bring residents together as one community against careless driving and speeding.

Volunteers will hold up signs and wave at drivers to “slow down” during the after-work commute on designated street corners. Areas have been identified as the most visible, frequently traveled, and will make the most impact in the high traffic areas.”

Q: Are there dog/bark parks available on Army installations in Hawaii?

A: One of the challenges we face on Army installations in Hawaii is a shortage of usable land space.

Additionally, we are charged with the sensitive task of streamlining or discontinuing some programs and services in order to maintain others and remain within shrinking funding levels. Unfortunately, the dog/bark park, previously located and maintained on Wheeler Army Airfield, is one of those services we can no longer support.

However, Hawaii is pet-friendly state that is excellent for our pawed family members; off-leash dog

parks are located less than 10 minutes from our north or south military installations. North community residents can use Mililani Dog Park, located at 95-1069 Ukuwai St. in Mililani. The fenced off-leash dog park is located at the Mililani Mauka District Park at the Park and Ride area behind McDonald’s. The park is open daily during daylight hours; however it is closed for maintenance on Wednesday mornings.

South community residents can use the Moanalua Dog Park, (Ilio Hauoli Paka). This city-sponsored off-leash park is located on Moanalua Park Road and Hahiole Street in Honolulu, beneath the Puuloa Road overpass. This fenced dog park is located in Moanalua Park and is maintained by the Moanalua Gardens Community Association. The park is open during daylight hours daily except Tuesday when it is closed until noon for maintenance. Dog Park visitors are required to bring and use their own dog waste bags as none are provided at the parks.

Call 946-2187 for details.

To submit an “Ask the Commander” question, send an email to AskTheCommander.usaghi@us.army.mil. For more information, call Rosie Stone (655-9033) at USAG-HI’s Customer Relations Team, or call Aiko Brum (656-3155) at the USAG-HI Public Affairs Office.

— F2TSTEPS in FAITH —
Forgiveness is key

CHAPLAIN (MAJ.) CHRIS WILSON
Family Life Chaplain
Schofield Barracks



Wilson

While thumbing through a dictionary recently, I looked up a word I believe to be essential both to my faith as a Christian as well as humanity as a whole to understand and practice.

That word is “forgive,” defined as “to give up resentment of.”

In my daily ministry, I have come to the realization that most of us struggle with forgiveness in some form or another; whether it is something as simple as a harsh word spoken today or an act of cruelty 15 years ago.

Have you ever been wronged by someone? I believe that being wronged or hurt is just a fact of life, and at some point we have all been wronged or will be wronged by someone. We will also wrong someone ourselves.

Think for a moment of an incident in which you felt you were wronged.

What have you done with that feeling? Are you storing it up inside, just waiting for the opportunity to let it out and make your anger known? Do you have it kept in the back of your mind, waiting for the opportunity to get even?

If so, I challenge you to get rid of that memory, and you will be able to free yourself up.

When I think about forgiveness, I am reminded of some great advice given by a very caring individual.

A friend of Clara Barton, founder of the American Red Cross, once reminded her of an especially cruel thing that had been done to her years ago. But Barton seemed to not recall it. “Don’t you remember it?” her friend asked. “No,” came the reply, “I distinctly remember forgetting it.”

I hope you realize you can’t be free and happy if you harbor grudges, so put them away. All of us need to strive to be like Barton and get rid of them.

You and I should collect postage stamps or collect coins, if we wish, but do not collect grudges.

Next time you have some free time to think and reflect on your life, I want to encourage you not to collect grudges.

Oftentimes, those collections we have of grudges only affect us. They do not seem to affect the other person a bit.

And remember that when you forgive, you are not changing the past, but you are changing the course of the future.

Go in peace!

BACKTObASICS

OCIE property accountability is the responsibility of each Soldier

SGT. MAJOR LARRY H. WHITE II
Office of the Assistant Chief of Staff, Logistics
25th Infantry Division



White

Far too often Soldiers get caught up in the operational tempo of the Army’s business and fail to focus on the most basic of individual responsibility — property accountability.

One of the issues the Army is currently trying to address is Soldier accountability and the inherent responsibility to receive and manage government equipment issued from various Army sources, such as central information facilities.

Property accountability is the obligation of a person to keep control of all issued property. Property accountability is also one of the greatest challenges Soldiers will face during their time in service.

Soldiers must properly secure their equipment and periodically inventory it.

It’s important that Soldiers understand three basic things after receipt of an item:

- Soldiers can be charged if they lose equipment.
- Soldiers can be charged for damaged equipment.
- Soldiers can be charged for equipment that has been destroyed.

If one of these three things occurs, first line supervisors need to be notified immediately.

Army Regulation 735-5, “Policies and Procedures for Property Accountability,” states that all persons entrusted with government property are responsible for its proper use, care, custody and safekeeping.

Regardless of what is notated on Soldiers’ Organizational Clothing and Individual Equipment, or OCIE, records, everyone is responsible to maintain and account for all issued items.

Soldiers can access their OCIE records through Army Knowledge Online and then print out hard copies for review. Maintain copies of all turn-in and issue paperwork to ensure accuracy. Report discrepancies to supervisors. Follow up to ensure that the discrepancies are corrected. Take action

immediately; don’t wait until changing stations or leaving the service.

Squad leaders need to inventory their Soldiers’ equipment upon arrival to the unit, after each training mission, and at least 30 days before Soldiers’ CIF appointments for a permanent change station.

Although the unit commander is responsible for the proper accountability of each Soldier’s personal clothing record, each squad leader and platoon sergeant is directly responsible for teaching their Soldiers what right looks like.

Ensuring that Soldiers can account for their assigned equipment is all part of taking care of Soldiers. It’s a fundamental element of a non-commissioned officer’s responsibility and leadership.

Property accountability is and always has been so basic in nature, but we’ve somehow lost some of our simple basic skills we used to perform daily. We are the best-equipped Army in the world and we all need to take care of our equipment. This is very simple process and can be solved at the most basic level — the individual Soldier.

Getting it Straight

The participants in the May 18 issue’s “Voices of Ohana” were incorrectly identified. The middle photo was of Staff Sgt. Christopher Watkins, the fourth was Sgt. Tal Wick, and the fifth was Staff Sgt. Andre Williams. All are assigned to Tripler Army Medical Center.



Watkins



Wick



Williams

Voices of Ohana

May 28th is Memorial Day.

How do you honor service members and veterans on Memorial Day?

Photos by Tripler Army Medical Center Public Affairs Office



“I think about those who made the ultimate sacrifice in service to our country as well as their families.”

Lt. Col. Douglas Guttormsen
Commander, Honolulu District, U. S. Army Corps of Engineers



“I volunteer at Punchbowl to lay lei during Memorial Day.”

Master Sgt. Michael Kilburn
Senior Human Resources NCO
311th Signal Command



“I’m participating in USAPARC’s motorcycle Memorial Ride for the Fallen.”

Master Sgt. Jerome Simmons Jr.
Senior Transportation NCO
8th Theater Sustainment Command



“I throw a cook-out for people that I work with and pay tribute at memorials.”

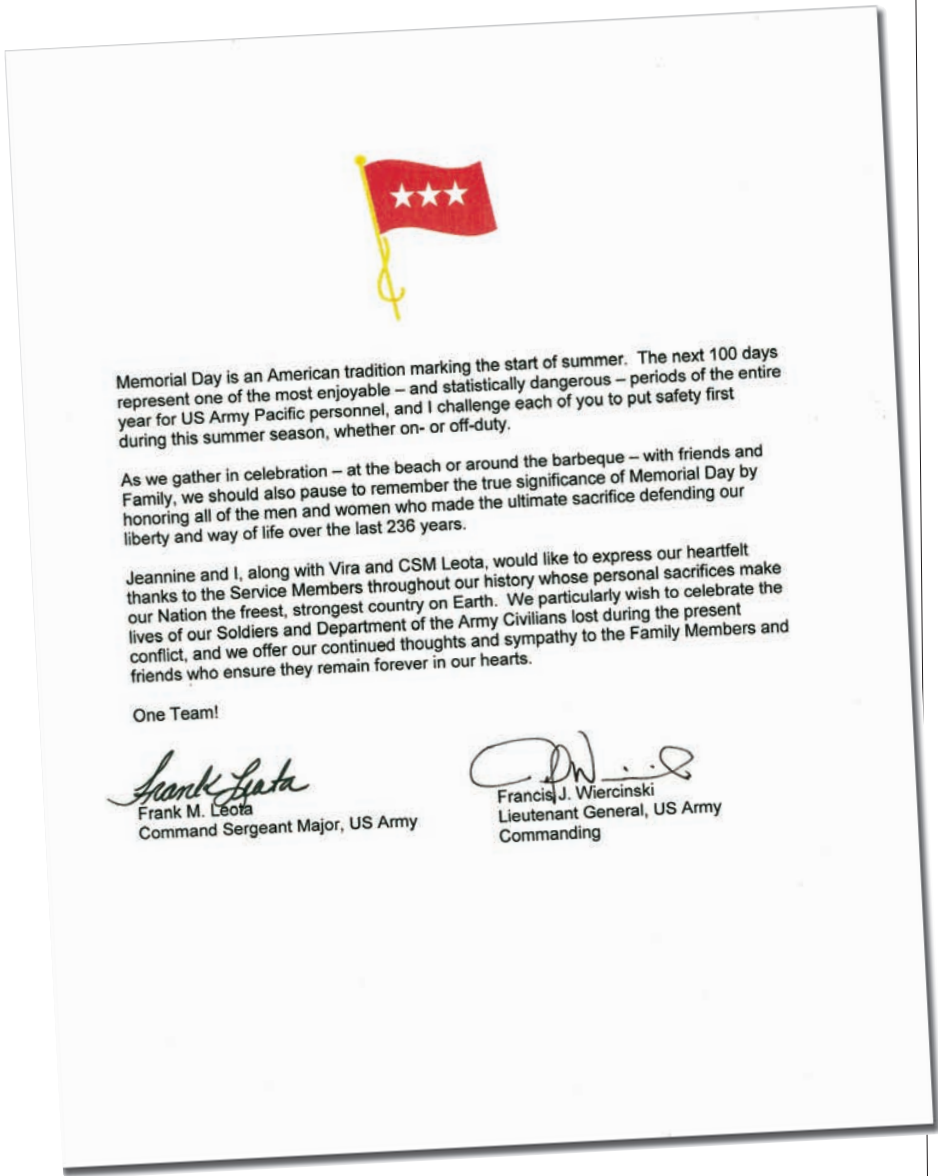
Kristin Sisson
DOD employee
Fort Shafter Veterinary Clinic



“I think about friends and people who I worked with that I’ve lost. I reflect on that, not only on Memorial Day, but every day.”

Capt. Rudy A. Vaca
Plans Officer
9th Mission Support Command

USARPAC leaders offer Memorial Day wishes



Memorial Day observances

- For a listing of local Memorial Day events happening around the island, see B-2.



Sgt. 1st Class Derek McCoy | 643rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC

Maj. Gen. Michael J. Terry (left), commander, 8th TSC, officially completes a project by cutting the ceremonial ribbon marking the opening of a steel building at PTA. The 2nd Plt., 643rd Eng. Co., 84th Eng. Bn. (Construction Effects), 130th Eng. Bde., 8th TSC, constructed the building.

POHAKULOA TRAINING AREA

Wolf Pack tests its skills

2ND LT. NICK REISWEBER
643rd Engineer Company, 84th Eng. Battalion,
130th Eng. Brigade, 8th Theater Sustainment
Command

POHAKULOA TRAINING AREA, Hawaii — Soldiers of the 643rd Engineer Company, 84th Engineer Battalion (Construction Effects), 130th Eng. Bde., 8th Theater Sustainment Command, traded in their mason’s kits and miter saws and picked up impact wrenches and I-beams in their effort to support the Directorate of Public Works, or DPW, here, recently.

The company’s 2nd platoon built two pre-fabricated I-beam steel structures to help expand DPW capabilities. Additionally, Soldiers rewired the panel box that the new structure would tie into, potentially saving workers from a deadly situation.

“It felt good knowing that the work I did in fixing the outdated panel box helps to ensure the safety of those who will use the building in the future,” said Spc. Carlton Baxter, one of the interior electricians on the project.

Overall, the Wolf Pack Soldiers gained experience with steel structures, completing the 1,680-squarefoot space in just over two weeks.

“It was definitely a challenge,” said Spc. Erik Standish, 643rd Eng. Co. “But seeing how quickly the platoon picked it up was impressive.”

The platoon was also called to support construction of two concrete pads in a simulated combat environment. Encouraged by their command, Soldiers created a new expedient formwork technique that eliminated the need to drive stakes into the solid volcanic surface covering most of the training area.

After completing the mission, Soldiers and NCOs of 2nd Platoon believe they are poised to take on any construction mission.

According to Gerrit Pasco, supervisor, range maintenance, DPW, and benefactor of this mission, “The Soldiers of the 643rd executed this project with the professionalism and expertise of any civilian contracted company I’ve worked with.”

INTERNATIONAL SHOOTING COMPETITION



PUCKAPUNYAL, Australia — Army Sgt. Ethan Hall, 2nd Brigade, 25th Infantry Division, fires a M249 machine gun at 50-meter pop-up targets during an international machine gun shooting match at the 2012 Australian Army Skill at Arms Meeting, or AASAM, here, recently. AASAM is an international marksmanship competition consisting of 16 different countries. This year is the fifth iteration of AASAM and the third consecutive year that U.S. forces have been invited to participate.

DEPLOYED FORCES



Photos by Air Force Tech. Sgt. Michael R. Holzworth | Defense Media Activity-Hawaii News Bureau

Sgt. Ethan Hall, 2nd BCT, 25th Inf. Div., advances toward the 100-meter firing line with an M249 machine gun.



Sgt. Ethan Hall, 2nd BCT, 25th Inf. Div., fires a M249 machine gun at 200 meter targets.



Army Spc. Patrick Lecores, 2nd BCT, 25th Inf. Div., fires an M249 machine gun at 100-meter targets.

Winners announced in Best Warrior Competition

STAFF SGT. JASON KANESHIRO
305th Mobile Public Affairs Detachment

FORT SHAFTER FLATS — The winners of the Pacific Army Reserve Best Warrior Competition, or BWC, were announced in a ceremony here, May 12.

Sgt. 1st Class Dallas Pocaigue, senior food service instructor, 4960th Multi-Functional Training Brigade, 9th MSC, earned the title of Noncommissioned Officer of the Year.

Spc. Chung Lee, 797th Engineer Company, 411th Engineer Battalion, 9th MSC, was named Soldier of the Year.

The two each received a certificate of achievement and an Army Achievement Medal for rising above their peers in the regional contest.

Throughout the weeklong BWC, the contenders were judged on their prowess in military skills including weapons proficiency and a physical fitness test. They were also evaluated on their appearance and knowledge by a board of senior enlisted leaders.

Pocaigue, a Hawaii resident and Guam native, dominated the field in

the Modern Army Combatives event taking down every opponent he faced on the mat. But despite his consistent takedowns and choke holds, this juggernaut of unarmed combat said he felt all the competitors worked equally hard and any of them could have taken the top spot.

“I was really excited and surprised that I was picked,” Pocaigue said. “It was pretty tough.”

Lee, a Guam resident and native of South Korea, said he too wasn’t expecting to win.

“I was really surprised to be selected as the best warrior,” Lee said. “I’m really happy right now.”

Lee said the most difficult part of the competition for him was squaring off against the other Soldiers during the combatives event as he is not used to fighting.

His best event was the 10-kilometer road march where he barreled past the rest of the fold to cross the finish line first.

Command Sgt. Maj. David Yamamoto, senior enlisted leader, 9th MSC, and president of the 9th MSC BWC Board of Sergeants Major, was impressed with the performance and

fortitude displayed by Pocaigue, Lee and the rest of the competitors.

“These Soldiers did a lot of great work this week,” Yamamoto said. “It seems like every year, the standard gets better and better.”

Pocaigue and Lee both know their journey is not yet complete. The duo will move on to Fort McCoy, Wis. to represent Hawaii and the Pacific Army Reserve when they compete against the best Reservists nationwide in the Army Reserve Best Warrior Competition, July 14–21.

Pocaigue said there were other areas he intends to improve upon before moving on to the national competition and he will pass on everything he learns to the Soldiers in his unit.

“I’m going to prepare for the next level by training a lot harder and a lot faster,” said Pocaigue. “We are going to go out there with a bang.”

Lee also expressed his enthusiasm for the next level of competition.

“I am so excited that I am going to Wisconsin to compete with all the other competitors from all the other reserve commands,” Lee said.



Photo Courtesy of 305th Mobile Public Affairs Detachment

Sgt. 1st Class Dallas Pocaigue, 9th MSC NCO of the Year (second from left); and Spc. Chung Lee, 9th MSC Soldier of the Year (second from right), display their awards at the Pacific Army Reserve Best Warrior Competition. Col. John Ellis (left), deputy commander, 9th MCS left, and Command Sgt. Maj. David Yamamoto (right), senior enlisted leader, 9th MSC, presented the awards.

Golden Dragons: U.S., Australian soldiers train side-by-side at exercise

CONTINUED FROM A-1

Regt. prepares to deploy for training.

The 1st Bn., 14th Inf. Regt., has been preparing for months to transport its vehicles and equipment from Oahu to the Big Island of Hawaii and to conduct training at the Pohakuloa Training Area, or PTA.

The first phase of the mission was to transport these vehicles to the Big Island of Hawaii by way of ship, which the battalion completed to Waipio Point, recently.

Currently, the 2nd BCT, 25th Inf. Div., is on standby as a quick reaction force in the Pacific

region. This movement phase of the battalion’s deployment to PTA gives the unit an opportunity to train for real-world situations in which the unit may be called on to deploy in support of humanitarian aid or crisis response.

“When we get the word, our unit will rapidly deploy to any area in the Pacific region faster than we would during a normal training cycle,” said Lt. Col. Jonathan Larsen, commander, 1st Bn., 14th Inf. Regt.

“Training for that type of mission is one of the key tasks we conduct as an infantry battalion,” he said.

During this training rotation at PTA, each

company in the battalion conducts a series of firing and maneuver exercises that culminates in a combined arms exercise with a light infantry company from the Australian army.

“This training exercise is a great opportunity to build a partnership with a very capable foreign army,” said Maj. Ray Carr, executive officer for 1st Bn., 14th Inf. Regt. “The U.S. and Australian armies are fighting side-by-side in Afghanistan. Training with them will increase communication and esprit de corps with our units.”

This training exercise gives not only the unit the chance to work on communication between

other units and with each Soldier, but also gives Soldiers the opportunity to train in their military occupational specialty.

“I am looking forward to going to PTA to do more training related to my military occupational specialty,” said Spc. Yang Xiong, combat engineer, 66th Engineer Company, 1st Bn., 14th Inf. Regt.

When the battalion completes its training at PTA, the Golden Dragons will return with enhanced individual and small unit Soldier skills and an increased overall unit preparedness to support the Pacific region as a quick-reaction force.

Celebration : Event focuses on diversity

CONTINUED FROM A-1

day without complaint because he was thankful for his employment.

“(These qualities) form the basis of leadership (and the Army Values),” Zotomayor said.

“I honor my family when I take upon their strengths, their attributes and the best things they have to offer and make them my own. They form the basis of who I am and the leadership founda-

tion that I now exhibit.”

Col. Glenda Lock, deputy commander, nursing, PRMC and TAMC, presented Zotomayor with a certificate of appreciation and thanked him for sharing his family’s personal story for the event.

“We know that diversity is really at the bedrock and is the foundation of the strength of us as a nation,” Lock said. “It is a wonderful thing to be part of this organization and that we, as an organization, are reflective of the people we serve.”



Soraya Robello | Tripler Army Medical Center Visual Information

Col. Glenda Lock (left), deputy commander, Nursing, PRMC presents a certificate of appreciation to Col. Alex Zotomayor , G4, PRMC, and Chief, Logistics for his participation in TAMC’s Asian and Pacific American Heritage Month observance.

Hurricane: Preparedness is key

CONTINUED FROM A-1



What do I do?

If a hurricane is underway, be ready to respond:

- Stay tuned to the radio, TV or social media sites for more information.
- Secure your home, bring in furniture and close storm shutters.
- Ensure you have enough water for household purposes.
- Turn refrigerator to coldest setting and keep the door closed.
- Never ignore an evacuation order. Follow evacuation guidelines, times and routes. Take your emergency kit with you.
- Stay away from windows and doors. Do not go outside until

instructed to do so “All Clear.”

- Report to your chain of command when you are in a safe place.
- Avoid high and fast-moving water.

Be prepared for a hurricane

For updates on this exercise or in the event of a real incident, take these actions:

- Turn to installation channel TV2;
- Visit www.facebook.com/us-aghawaii;
- Follow www.twitter.com/us-aghawaii;
- Use www.ready.army.mil to prepare for a hurricane, get a kit, make a plan and stay informed.

Army Training Directorate launches civilian website

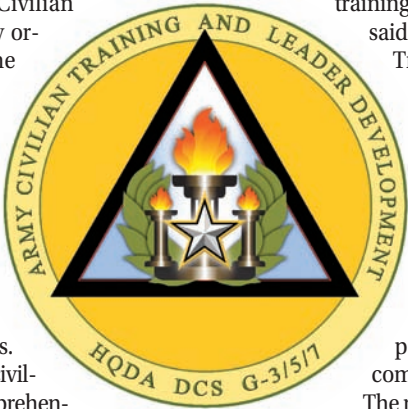
JULIA BOBICK
Army Civilian Training and Leader Development Division

WASHINGTON — To improve access to information and increase participation in Army civilian training and leader development opportunities, the Army Training Directorate’s Civilian Training and Leader Development Division launched a one-stop website consolidating information about career program occupational and functional training, competitive professional development and leader development opportunities, as well as application procedures and course registration links.

The site, www.civiliantraining.army.mil, serves as an integrated resource for civilian employees, supervisors and Army leaders interested in learn-

ing more about training and opportunities available to the Army Civilian Corps. Since several Army organizations administer the various leader development courses, developmental assignments and training, Army civilians and supervisors have in the past had to visit several different sites to find out about mandatory training and professional development opportunities.

“We wanted to provide civilians and supervisors a comprehensive site to help them more easily navigate



the myriad opportunities in Army civilian training and leader development,” said Vicki Brown, chief, Civilian Training and Leader Development, or CTLD, Division.

“It’s our goal to ensure all civilians know about the available training — often at little or no cost to their units — and take advantage of the training that fits into their individual career goals and supports their organization outcomes.”

The new website includes course descriptions, prerequisites and registra-

tion links for Army Civilian Education System, or CES, courses; Supervisor Development Course requirements; Competitive Professional Development and Academic Degree Training; advanced opportunities like Senior Service College, Army Congressional Fellowship Program and the Defense Senior Leadership Development Program; as well as career management tools like Army Career Tracker, or ACT.

The Civilian Training and Leader Development Catalog (when fully deployed on the site) will be the official resource for information on centrally managed Civilian Training, Professional and Leader Development training opportunities, replacing the information currently found in the Army Civilian Training, Education and Development System, or ACTEDS, catalog.

News Briefs

Send announcements for Soldiers and civilian employees to community @hawaiiarmyweekly.com.

Today

Voting Assistance — Visit the Federal Voting Assistance Program website at www.FVAP.gov for help with absentee voting. You can also call the FVAP at (703) 588-1584 or (800) 438-VOTE (8683); email vote@fvap.gov.

Voting materials are available at U.S. Army Garrison-Hawaii Records Holding Area/Forms Center, Building 6042, 1976 Higgins Rd., East Range, Schofield Barracks, 9 a.m.-2 p.m., Tuesday and Thursday. Call 656-0334.

The Installation Voting Assistance Office , or IVAO, is located at Schofield Barracks Soldier Support Center, Room 103, Bldg. 750, Ayers Avenue, Schofield Barracks.

Email usaghi.voting@us.army.mil or call 655-7182.

June 1 / Friday

Naval Heritage — The Pacific Fleet intelligence community invites active duty military members to attend a naval heritage event, June 1-2, at Kilo piers 7/8, Joint Base Pearl Harbor-Hickam, to commemorate the events leading to the Battle of Midway.

Call 471-0731 or visit <http://sites.google.com/site/midwayintelweekend> for details about events commemorating the Battle of Midway.

7 / Thursday

Road Closures: The following locations at Schofield Barracks will be closed 5 a.m.-noon, June 13, due to 8th Theater Sustainment Command’s change of command.

- Parking lot on the south side of 130th Engineer Brigade, 8th TSC; closed June 7, 8, 12 and 13.
- Ayers Avenue from Abbott to Duncan streets.
- Grimes Street from Ayers to Williston avenues.
- Williston Avenue from Cadet Sheridan Road to

Duncan Street.

- Reilly Avenue from Williston Avenue to Mencher Road intersection.
- Parking lot on the south side of 8th Military Police Bde. and south side of the trailers.
- Martinez Gym parking lot. Call 438-0816/0811.

8 / Friday

Army Commemoraton — Ticket sales end June 8 for this annual U.S. Army-Pacific Army event, 6 p.m., June 15, at the Hilton Hawaiian Village Hotel’s Coral Ballroom, Honolulu. Commemorating the 237th birthday of the Army, the evening includes dining, dancing and entertainment. Visit www.usarpac.army.mil/237Birthday for details.

11 / Monday

ISSA Closure: — The Installation Supply Support Activity, or ISSA, Schofield Barracks, will close June 11-15 for inventory. Only high priority emergency requests will be processed during this time. Normal operations will resume June 18. For emergency requests, call 656-0744/2277.

DPW releases water reports

ENVIRONMENTAL DIVISION, DIRECTORATE OF PUBLIC WORKS
News Release

WHEELER ARMY AIRFIELD — Every year since 1999 the Environmental Protection Agency has required public water suppliers to provide Consumer Confidence Reports, or CCRs, to their water users. These reports are designed to educate the public on the origin of drinking water and provide water quality information for the previous year.

The U.S. Army Garrison-Hawaii CCRs include Aliamanu Military Reservation, Fort Shafter, Schofield Barracks and Tripler Army Medical Center. The Aliamanu CCR covers both the Aliamanu and Red Hill Housing areas, while the Schofield Barracks report covers Schofield Barracks, Wheeler Army Airfield, and Helemano Military Reservation areas. An article with links to the CCRs will be included in the Island Palm Communities weekly email news bulletin for four consecutive weeks beginning in May.

In Hawaii, the primary drinking water supply for all Garrison installations comes from underground aquifers fed by rainfall. Naturally occurring minerals, radioactive material and other substances resulting from animal or human activity may be dissolved by the rainfall and percolate into the aquifers. The EPA sets limits on the amount of such contaminants present in drinking water, and the Garrison monitors the drinking water to help ensure that no contaminant level is exceeded.



Tips offered for a Stress-Free PSC move

BRANDON BOSWORTH
Acting News Editor

WHEELER ARMY AIRFIELD — More than 40 million Americans — about 14 percent of the population — move every year. For many in the military, the next move will be coming soon. The summer is peak season for permanent change of station.

During this time, there will be about 225,000 Department of Defense and U.S. Coast Guard household goods shipments as service members and their families move from one duty station to the next.

Moving is always a stressful occasion, but

according to James Jefferson, installation transportation officer, U.S. Army Garrison-Hawaii, the best way to make the process go more smoothly is to start early.

“Get to the travel office and book early,” Jefferson said. “Make your appointment even if you aren’t moving for another two or three months.”

John Johnson, branch chief, Personal Property, Directorate Quality Assurance Division, Surface Deployment and Distribution Command, echoed Jefferson’s advice.

“As soon as you receive your permanent change of station orders, you should start your

move process,” he said. “Requesting your pick-up and delivery dates as soon as possible will ensure a better chance of getting the dates you want.”

Especially important is making arrangements for your personally-owned vehicle. “You are only allowed to ship one POV,” Jefferson said. “You are better off shipping it early.”

Online tools are also available.

For example, www.move.mil offers tips and videos about relocating, including the downloadable 28-page “It’s Your Move” booklet. Particularly useful is the Defense Personal

Property Program, or DP3. This program was developed by the U.S. Department of Defense, U.S. Transportation Command, and the Military Surface Deployment and Distribution Command.

A major part of the DP3 mission involved the creation of the Defense Personal Property System. The DPS is an Internet-based system to manage DOD household goods moves. The system allows a Soldier to perform tasks such as getting a rough estimate of the weight of his personal property or filing a claim for lost or

See **MOVING B-4**



Mark Brown | Lend Lease

A permanent change of station can be stressful for Soldiers and their families. However, the right tools and the right planning can help ensure that even a major move goes smoothly.

Pre-planning makes clearing quarters a breeze

ISLAND PALM COMMUNITIES
News Release

SCHOFIELD BARRACKS — Whether you are transferring to a new duty station, retiring or moving off-post, your lease agreement with Island Palm Communities requires you to notify your community center in writing no less than 28 days prior to vacating your home.

Complete IPC’s “Notice to Vacate” form and submit it to your community center. you’re your community staff will work with you on setting up pre- and final inspection dates, and review what your responsibilities are to help ensure a smooth transition as you make your way to a new duty station or place of residence.

If someone other than the service member will be taking care of vacating your home, a Residential Communities Initiative Special Power of Attorney is required from the service member allowing the individual to act on his or her behalf.

What to expect during pre-inspection

Upon receipt of the Notice to Vacate, the community staff will acknowledge receipt of your notice in writing and confirm your move-out date. Staff also will schedule dates to conduct pre- and final inspections.

During pre-inspection, staff will review resident cleaning requirements prior to vacating your home and disposing of hazardous material. Staff also will assess dam-

ages you may be responsible for, and confirm the date of your final inspection.

What to expect during final inspection

A final cost assessment for damages owed by the resident will be provided. The need for additional estimates for repair or replacement also will be determined.

During the final inspection, residents are required to pay for:

- Any damages assessed during the inspection processes, including applicable cleaning charges
- Unpaid rent
- Outstanding fees

What to expect during termination inspection

During the termination inspection, residents must show that all persons and personal property have been cleared on the home. Additionally, residents are required to:

- Return house keys, garage door openers and other access items such as keys to the community centers fitness facility and swimming pool (Residents will be assessed a fee for any unreturned items.)
- Provide community staff with an accurate forwarding address and telephone number

Resident’s Cleaning cleaning Responsibility

Following policies in the “Resident Guide and Community Standards Handbook,” residents are required to clean their home prior to final inspection. Getting a jumpstart on cleaning and using the checklist of requirements can help make your move and final inspection go smooth.

If you have any questions, contact your community center staff.

Options, resources available to lessen the stress of relocating with pets

THERESA DONNELLY
Contributing Writer

HONOLULU - Military moves can be tough on military families, especially if a spouse is deployed. It’s hard enough to get the humans in the family ready for a big move, let alone a family pet.

“Growing up as an Army ‘brat,’ I moved every three years from state to state and to Europe and back twice,” said Kari Mendoza, owner of Island Pet Movers, here. “We always had pets, and our parents taught us that pets are part of the family.”

“I served four years in the Navy,” she added, “and I can tell you it was hard to find an apartment off-base that would allow me to take my cat, but giving him up was never an option.”

Fortunately, many resources are available to ensure your pet stays with your military family and isn’t surrendered to a shelter or given away.

A first step is to go online and research the pet policies at your next duty station. A quick call to your sponsor, family-service center or veterinarian at the next installation can help you better understand pet policies in housing, animal laws in that state or country, pet-friendly hotels and any transport requirements.

For example, some states and countries are considered “rabies-free,” so you may have to start the process of preparing to ship your family pet several months in advance.

Next, consider calling local airlines to see if there are flight restrictions for your pet, including months when your pet is restricted from flight.

For example, some dogs have respiratory issues due to the structure of their face, making breathing at sea level difficult. Because of these restrictions, many airlines impose a “pet embargo” on certain dog breeds May 15-Sept. 15, which means you will have to ship your pet outside of this time frame. A visit to the airline’s pet transport website should give you information such as cabin temperature, weight requirements, approved airline crates and what stickers and labels should be on the carrier.

Since all pets are transported for hours, or even more than a day, in a crate, it’s a must that all military pets are crate-trained. It can take months to get an animal adjusted to the crate envi-

ronment, and will be the best way to ensure the animal doesn’t get stressed in transport.

Air Mobility Command offers space-available flights, commonly known as Space-A travel, for pets, but you may only take two pets and a 14-day travel window is required. Some duty stations don’t fly commercial airliners, so you can only book these flights to a destination that has these capabilities.

Also, ensure that your military veterinarian certificates are in order. One form is a veterinary health certificate, Department of Defense Form 2209, “Veterinary Health Certificate” is one form; other form is DD 2208, “Rabies Vaccination Certificate.”

When you reach your destination, or if your pet must be quarantined, you may be able to get some money reimbursed. Check with your personnel office to find out more about this opportunity. Finally, check with your tax-filing office to see if some

of your pet-moving expenses can be written off when filing income taxes.

For more detailed information, visit Military OneSource. The site has numerous checklists and samples of a military pet care plan. Another great resource is your military legal office, where you can include the family pet in your will and power-of-attorney forms.

As with any other member of your family, it’s best to always be prepared for the unexpected when caring for your pet, a lifetime commitment.



Vanessa Lynch | Honolulu Star-Advertiser

Oakley, a 2-year-old Yorkshire Terrier, prepares to make the big move from Schofield Barracks to Fort Leonardwood, Mo.

Briefs

Today

Smoothies Concession — Rich’s Daily Grind and Smoothies is now open at the Martinez Physical Fitness Center, Building 488, Schofield Barracks. Call in orders at 438-0128. Schedule follows:

- Monday-Friday, 8 a.m.-8 p.m.
- Saturday-Sunday, 9 a.m.-5 p.m.

Training Holiday Specials — From 11 a.m.- 4 p.m., May 25, Soldiers can enjoy two free games at the Fort Shafter Bowling Center with the purchase of the daily lunch special or any sandwich combo meal deal.

Free games must be bowled on same day of food purchase. Shoe rental not included. Offer cannot be combined with any other offers. Specials are offered provided lanes are available and do not apply to group or party reservations. Call 438-6733.

Fourth of July Run — Register today for this annual 5K event at Schofield Barracks. Register by June 23 at www.himwr.com.

Hawaiian Luau Lunch Buffet — Every last Friday of the month at the Hale Ikena, Fort Shafter or Kolekole Bar and Grill, Schofield Barracks; cost is \$12.95 per person. Call 438-1974 (Hale Ikena) or 655-0660 (Kolekole Bar and Grill).

Friday Night Entertainment Series — See new acts each week at 8 p.m., Kolekole Bar and Grill, Schofield Barracks. Pau hana specials run before the show. Call 655-4466.

- 1st Friday is Comedy Night (for mature audiences only).
- 2nd Friday is live bands.
- 3rd Friday is Colby Benson Band.
- 4th Friday is Taking Care of Business Band.

All Army Sports — The USAG-HI Sports Office is now accepting applications for men’s and women’s golf, marathon and softball, men’s rugby and women’s soccer. Call 655-0856/9914.

Ten Mile Race around Wheeler — Deadline is 4 p.m., Aug. 9, to register for this race; race starts at 6:45 a.m., August 19, WAAF.

Open to all with installation access. Active duty Soldiers with the fastest race time will be considered for Team Army Hawaii that will enter the Army Ten-Miler in Washington, Oct. 24.

Register and pay fees at the fitness

centers at Schofield Barracks and Fort Shafter.

Call 656-0086 or email james.h.burghardt.naf@mail.mil.

27 / Sunday
Hawaiian Canoe Paddling — Canoe with Outdoor Recreation, 6:30-11 a.m., May 27. Cost is \$54. Call 655-0143 to register.

29 / Tuesday
Financial Readiness Program — A financial counselor is available at the Fort Shafter ACS office, Room 111, every Tuesday until further notice to help with financial actions other than Army Emergency Relief loans.

To make an appointment, call 438-9285.

Hanafuda — Learn to play this traditional Japanese card game, 5-7 p.m., May 29, Sgt. Yano Library, Schofield Barracks, in honor of Asian-Pacific American Heritage Month. Cards will be provided. Open to ages 12 and up. Call 655-655-8002 to register.

Free Hula Classes — The Native Hawaiian Liaison Office, USAG-HI, conducts free hula classes for Soldiers and families.

Beginner classes are 5-6 p.m.; advanced classes are 6-7 p.m.

Call 655-9694 or email nhliaison@gmail.com.

Class dates follow:

- Mondays, Kalakaua Community Center, Schofield Barracks (cancelled due to Memorial Day).
- Tuesdays, AMR Community Center.

30 / Wednesday
Kids \$1.99 Meal — Every Wednesday night, keiki under 10 can eat for \$1.99 at the Kolekole Bar and Grill at Schofield Barracks or Mulligan’s Bar and Grill at the Hale Ikena, Fort Shafter.

31 / Thursday
Learn a Language — Start learning one of 80 languages via Transparent Language Online for personal enrichment and recreation, 1:30-5:30 p.m., May 31, Sgt. Yano Library, Schofield Barracks. Free; open to all active duty Soldiers, family members and Department of Defense civilians. Call 655-8001.

Zumba — The Fort Shafter Physical Fitness Center offers Zumba classes, 4:45-5:45 p.m., Thursdays. Cost is \$4 per person. Call 438-1152.

A SOLDIER’S BEST FRIEND



Photo Courtesy Noelle Mark-Shaughnessy

SCHOFIELD BARRACKS — Sgt. Megan Bates, assigned to the Schofield Barracks Veterinary Treatment Facility, is greeted by Shamrock Donnelly, a therapy Boxer with Tripler Army Medical Center’s Human-Animal Bond program. Bates and Shamrock were at a recent event honoring the military at The Hawaiian Humane Society. The Society, along with Hawaii Military Pets, offers information on low-cost spay/neuter services, missing and found pets, Hawaii animal law, military housing pet policies, microchipping, boarding facilities, Army veterinary care and other pet resources.

June 1 / Friday

Right Arm Night — Purchase tickets for this event, 4 p.m., June 1, at the Hale Ikena, Fort Shafter. This is an adult event. Call 438-1974.

2 / Saturday

Ladies Golf Clinic — Every first Saturday of the month, Leilehua Golf Course holds a free ladies golf clinic, 1:30-3 p.m. Call 655-4653.

Saturday Night Spotlight — The Saturday Night Spotlight’s schedule at Kolekole Bar and Grill, Schofield Barracks, follows:

- 1st Saturday, Old School Soul Night with deejay Bennie James.
- 2nd Saturday, Country Night with Nashville Waikiki’s deejay.
- 3rd Saturday, Hip-Hop/R&B Night.
- 4th Saturday, Karaoke Night.
- 5th Saturday, Jazz Night.

6 / Wednesday

Texas Hold ‘em — Test your poker playing, June 6, at the Hale Ikena, Fort Shafter. Enjoy food and beverage specials. Call 438-1974.

16 / Saturday

Army Birthday Celebration — Continue celebrating the Army’s birthday (June 14) starting at 11 a.m., June 16, Palm Circle, Fort Shafter. Highlights include a polo game, military static displays, pony and carriage rides and keiki activities.

Beverages will be available for purchase. Bring your own chairs, umbrellas or small pop-up canopies. Free; open to the public. Visit www.himwr.com or call 655-0115.

29 / Friday

Basketball Tournament — Entry deadline is June 29 for the Army Hawaii’s men’s and women’s 30 and Older Basketball Tournament.

Call USAG-HI’s Sports Office at 655-0856/9914.



Created in 1868 to honor fallen Soldiers, Memorial Day today honors the sacrifices of all service members. The following events and locations continue this tradition:

25 / Friday
Memorial Day Lei — Bring your lunch 11 a.m.-1 p.m., Honolulu Hale Courtyard, 530 South King St., to enjoy the music of the Royal Hawaiian Band Glee Club and sew a lei for the upcoming Mayor’s Memorial Day Ceremony at Punchbowl, May 28. Call 768-3002

28 / Monday
Memorial Day Ceremonies Punchbowl, 8:30 a.m. — Peter Carlisle, mayor of Honolulu, will host this annual event at the Punchbowl National Cemetery of the Pacific. Boy Scouts will decorate the graves with more than 50,000 fresh floral lei. Ceremony includes a performance by the Royal Hawaiian Band.

Schofield Barracks, 10 a.m. — Hosted by USAG-HI, this annual event at the Post Cemetery is open

to the public. The Wahiawa Rainbow Seniors make lei and floral bouquets used to decorate the gravesites. Enter through Lyman Gate; nearby parking will be available on Lyman Road.

Hawaii State Veterans Cemetery, Kaneohe, 1 p.m. — Brian Schatz, lieutenant governor; and the State of Hawaii Department of Defense will conduct this annual governor’s ceremony.

Lantern Floating Ceremony, 6:30 p.m., Ala Moana Beach Park — This annual ceremony honors those who gave their lives in conflict. Free and open to all. Visit www.lanternfloatinghawaii.com.

U.S. Army Museum of Hawaii, 9 a.m.-5 p.m., Fort DeRussy — Learn about the Army’s history during special Memorial Day hours. Admission is free but donations are encouraged.

Military Appreciation Day, noon-closing, Aloha Stadium — Active duty, retired and National Guard

service members and their families get free admission to the 50th State Fair. Fair runs May 25-June 24, weekends only. Visit www.ekfernandez.com.

Around the island
USS Arizona Memorial, Joint Base Pearl Harbor-Hickam — Visiting this memorial is certainly a memorable way to honor Memorial Day. Admission is free. The Visitor Center is open from 7 a.m.-5 p.m., but the timed programs to the memorial start at 8 a.m. and run through 3 p.m.

In honor of Memorial Day, the following locations are offering free admission to military members with valid military ID. All locations are JBPHH.

USS Missouri — Tours of the historic retired battleship Mighty Mo run 8 a.m.-5 p.m.

Pacific Aviation Museum — In honor of Memorial Day, visitors can sign a memorial quilt, 10 a.m.-2 p.m., that will be presented to the family of a fallen Hawaii Soldier. Open daily from 9 a.m.-5 p.m.

USS Bowfin Submarine Museum and Park — Known as the “Pearl Harbor Avenger,” the USS Bowfin is open daily from 7 a.m.-5 p.m.

worship Services

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers’ Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services
•First Sunday, 1 p.m. at FD
•Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass
•Thursday, 9 a.m. at AMR
•Saturday, 5 p.m. at TAMC, WAAF
•Sunday services:
- 8:30 a.m. at AMR
- 10:30 a.m. at MPC Annex
- 11 a.m. at TAMC
•Monday-Friday, 11:45 a.m. at MPC and 12 p.m. TAMC

Gospel Worship
•Sunday, noon. at MPC
•Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study
•Friday, 1 p.m. at MPC Annex
•Friday, 2:30 p.m., TAMC
•Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)
•Monday, 6 p.m. at PH (Bible Study)
•Friday, 7:30 p.m. and Saturday, 8:15 a.m. at PH

Pagan (Wicca)
•Friday, 7 p.m. at MPC Annex

Protestant Worship
•Sunday Services
- 9 a.m. at FD, MPC and TAMC chapels
- 9 a.m. at WAAF chapel, Lutheran/Episcopalian
- 10 a.m. at HMR
- 10:30 a.m. at AMR

Single Soldiers’ Bible Study
•Wednesday, 11:30 a.m. at SC; lunch is provided.

Worship Service
•Sunday, 6 p.m. at SC.

This Week at the MOVIES Sgt. Smith Theater

Call 624-2585 for movie listings or go to aafes.com under reeltime movie listing.



The Lucky One

(PG-13)

Fri., May 25, 7 p.m.
Sat., May 26, 7 p.m.
Thu., May 31, 7 p.m.

The Three Stooges

(PG)

Sat., May 26, 4 p.m.
Sun., May 27, 2 p.m.

The Hunger Games

(PG13)

Wed., May 30, 7 p.m.

Calendar abbreviations

- 8th TSC: 8th Theater Sustainment Command
- 25th ID: 25th Infantry Division
- ACS: Army Community Service
- AFAP: Army Family Action Plan

- AFTB: Army Family Team Building
- AMR: Aliamanu Military Reservation
- BCT: Brigade Combat Team
- BSB: Brigade Support Battalion
- Co.: Company
- CYSS: Child, Youth and School Services

- EFMP: Exceptional Family Member Program
- FMWR: Family and Morale, Welfare and Recreation
- FRG: family readiness group
- HMR: Helemano Military Reservation
- IPC: Island Palm Communities

- SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
- TAMC: Tripler Army Medical Center
- USAG-HI: U.S. Army Garrison-Hawaii
- USARPAC: U.S. Army-Pacific
- WAAF: Wheeler Army Airfield

CELEBRATING SUCCESS

SCHOFIELD BARRACKS, — U.S. Army Garrison-Hawaii held its annual Garrison Organization Celebration, at Richardson Pool, here, May 18.

Soldiers, civilians, family members and contractors from directorates and offices mixed together to build esprit de corps. They competed in activities including golf, bowling, Minute-To-Win-It, and karaoke.

USAG-HI’s Directorate of Family and Morale, Welfare and Recreation was the overall coordinator and sponsor of the event.

Theme of this year’s celebration was

“Catch the Wave to Success.”

2012 Garrison Organization Celebration Winners

Bowling
Scratch Division: Ted Ventura, Lani Ring, Dion Galon, Bernard Godoy
Handicap Division: Vi Aloii, Stella Anguay, George Pasco, Louis Kalani

Golf
The closest to the pin for the two holes:
Hole #2: Lorraine Cashen’s Team (Lor

raine Cashen, Hank Cashen, Rita Ah-Young-Shelton)
Hole #12: Kerwyn Yonesaki’s team (Kerwyn Yonesaki, Raymond Dungca, Craig Kaya, and Cora Hanapi)

Basketball
Basketball Team winner: Aaron Mukai, Paul Whisler, Jason Delvalle

Dessert
Pam Jinnohara

Karaoke
Frederick Makinney



Photos by Vickey Mouzé | U.S. Army Garrison-Hawaii Public Affairs

USAG-HI employees and family members (left) enjoy Richardson Pool during the Garrison Organization Celebration at Schofield Barracks, May 18. Fred Makinney (above), Directorate of Emergency Services, USAG-HI, sings his way to winning the karaoke contest. See more photos at www.flickr.com/usaghawaii.



Military history comes alive at Fort DeRussy annual event

U.S. ARMY MUSEUM HAWAII
News Release

FORT DERUSSY — The U.S. Army Museum Hawaii celebrated Armed Forces Day with Living History Day at Battery Randolph, Fort DeRussy, here, Saturday.

Crowds numbering in the hundreds browsed through the static and interactive displays at this 12th annual event, enjoying military memorabilia, restored military vehicles, and today’s Army equipment and weapons.

The event attracted visitor’s from neighboring hotels, and curious onlookers as they walked from the nearby park and beach. Also, military families stationed here, and local residents interested in military memorabilia attended

Members of Hawaii Historic Arms Association fielded questions about their collection of guns ranging from the antiquated U.S. Model 1816 mMusket with its flintlock-firing and .69-caliber barrel, to the modern day assault AK-47.

“Our veterans recalled the weapons they trained with and fired when they were in the service and we truly enjoy sharing our knowledge of the historic arms with those that have little knowledge of the history and capabilities of these arms,” said Shelton Tyau, member of Hawaii Historic Arms Association.

“We try to emphasize the historical side rather than the shooting aspect of the

weapons,” he said.

The P-40 airplane simulator, courtesy of the Pacific Aviation Museum Pearl Harbor, attracted young would-be aviators. They waited patiently for a chance to sit and manipulate the flaps, stabilizers, and rudder simulating flying the WWII plane.

For those that did not remember what a P-40 looked like didn’t have to go too far as the Birds of Paradise model aircraft club had a large-scale model to view close up. Radio-controlled helicopters hovering center stage drew cheers from the crowd.

Throughout the day, visitors could listen to the distinct sounds of Scottish bagpipes, performed by the Celtic Pipes and Drums of Hawaii or watch classic war films at the Army Corps of Engineers Pacific Basin auditorium. Also, visitors could interact with weapons and tactical vehicles with mounted weapons.

“I really enjoyed learning so much about the protection gear that our Soldiers wear in combat like the camelback water bags that continually hydrate them in extreme weather conditions,” said Julia Robins, a visitor from Chicago. “We gained so much more insight to what it is like to be a Soldier in combat.”

“This annual event to honor our military on Armed Forces Day is held at the museum grounds located at the Fort DeRussy Recreation Center in the heart of Waikiki, said Judi Bowman, director of U.S. Army Hawaii Museum.



Mike Egami | U.S. Army Museum-Hawaii

Soldiers with the 8th Military Police Brigade, 8th Theater Sustainment Command, demonstrate how military working dogs can hunt down intruders. The demonstration was one of the events at the U.S. Army Museum-Hawaii’s Living History Day, May 19.

“It is always nice to give back to our military ohana and community,” she said. “We are fortunate to have such a dedicated group of loyal historical and preservation organizations that make it successful each year.”

Those organizations included the Hawaii Military Vehicle Preservation Association;

Birds of Paradise Airshow Team; Tuskegee Airmen, Inc.; and the Hawaii Civil War Roundtable.

Active duty organizations included the U.S. Army Corps of Engineers and Soldiers from the 8th Theater Sustainment Command.

Army Family Child Care offers a home away from home

RITA CLARE HALL
Directorate of Family and Morale, Welfare and Recreation

SCHOFIELD BARRACKS — For military parents, child care is a top priority. Most families with infants and small children are familiar with the Child Development Centers, but many could be unfamiliar that Army Family Child Care, or FCC, located here, at Alimanu and Helemano military reservations, and soon, Fort Shafer.

Army FCC homes are operated by military spouses who are certified child care providers and provide quality, developmentally and age appropriate activities in a home environment. Doors open as early as 6 a.m., and many providers stay open until 5:30 p.m.,

Monday-Friday.

The certification process for each applicant includes thorough background and reference checks, numerous home inspections and six days of extensive training. The adult-to-child ratio is 1:6.

After arriving in Hawaii during a permanent change of station, or PCS, move, Master Sgt. Greg Dorsey, plans noncommissioned officer, 413th Contracting Support Brigade, Expeditionary Contract Command, explored private off-post child care options and asking friends and co-workers for advice.

He registered at Parent Central Services and received a referral list of AMR FCC Providers and then engaged Marta Rivera as their son’s Family Child Care Provider.

The Dorseys describe Marta’s relationship with Amoni, 4, as “motherly.” “From the minute I met her I felt we had a bond,” said Nicole Dorsey, a civilian contract specialist, regional contracting office, 413th Contracting Spt. Bde. “We love her and it’s more like a family than a business relationship. She even came to my son’s birthday party.”

“Amoni does a lot of different activities in Ms. Marta’s home-like painting, art, computer time, nature walks, (going to the) playground and library and field trips,” said Nicole Dorsey. “He also learned his colors, numbers, counting, adding and subtracting, the alphabet, how to spell his name, good manners, politeness and respect.”

The advantages they feel a FCC home offer

versus a larger child development center are the comfort of a home setting, smaller ratio and more individualized attention, increased provider/child interaction and decreased risk of illness.

The Dorseys also appreciate the thorough background checks and on-going training FCC providers receive.

“We are happy we found her and wish she could go with us when we PCS next,” Greg Dorsey said.

Army Family Child Care Program

To learn more about this program, call the Family Child Care office at 655-8373.

Moving: Planning is key

CONTINUED FROM B-1

damaged goods. Customer satisfaction surveys are available to make it easier to find a reputable mover.

The www.move.mil website can also be used to self-counsel and submit an application online, instead of going to the transportation office. However, Jefferson said that this option is best for those with a great deal of experience with military moves.

“Ninety percent of people should probably still go to the office,” he said.

Even those with plenty of Army moves under their belts still make potentially costly mistakes. One of the most common errors Soldiers make is forgetting to declare items related to their profession.



“You need to declare things relevant to your military service,” Jefferson said. “Professional papers, trophies, plaques, books, manuals, gear — all of these sorts of things need to be identified.”

Declaring these items is important, as once they are classified as professional materials, they are no longer counted toward your weight allowance for shipping purposes. This could make a big difference if a shipment is getting close to being over the limit.

Another way to help avoid excess weight charges is to purge your home of unnecessary items. Right before a

major move is the ideal time to get rid of things you no longer need, either by selling them or donating them to a charity.

A change of duty station always requires a decent amount of paperwork. Having all the correct forms and documents organized, current and ready will help make relocation that much easier. Security and medical clearances may need to be updated. If transferring overseas, be sure you have a valid marriage certificate and birth certificates for your no-fee passport. Paperwork for dependents is important as well.

“Ensure you have all the required documents that list your dependents, like copies of old PCS orders, command sponsorship orders and early return dependents orders,” Johnson said.

It is also highly recommended that Soldiers and their families take the time to record video of the items to be shipped. This is vital in the event that something is lost or damaged and a claim needs to be filed. Preparing your own inventory list is also important, complete with receipts, appraisals and so on. This list should be kept separate from your actual shipment.

Relocating can be costly, so it is crucial to promptly and accurately file PCS travel vouchers to ensure receiving proper reimbursement. The Defense Finance and Accounting Service website, www.dfas.mil, offers information about vouchers and entitlements, including checklists and guidance to filling out and filing the required paperwork. Many Soldiers find their payments delayed due to errors such as failing to attach complete copies of their orders or not obtaining the proper signatures.

Besides the logistical challenges of relocation, moving can be a rough experience for Army families, especially children and teenagers. The website Military Youth on the Move at www.defenselink.mil/myom features advice for young family members on packing, saying goodbye, traveling and keeping in touch.

Changing duty stations is often challenging and stressful. However, by planning ahead, staying organized and taking advantage of the wide range of helpful tools available online, it is possible to have a fairly painless and trouble-free move.

“Plan early and relax later,” Johnson said.

Managing high blood pressure reduces risk of strokes

SHARI LOPATIN
TriWest Healthcare Alliance

PHOENIX — Did you know that one in every three U.S. adults has suffered from high blood pressure, a major risk factor for stroke? And, stroke is the third leading cause of death in the U.S.?

Those facts came straight from the American Stroke Association and the National Heart, Lung and Blood Institute, or NHLBI.

The relationship between stroke and high blood pressure has been well-documented. The American Stroke Association states, “Managing high blood pressure is the most important thing you can do to lessen your risk for stroke.”

What is blood pressure?

As the heart pumps blood through the body, it also pushes blood against the body’s arteries.

The force of this push is “blood pressure.”

However, if this pressure rises too much — and stays high — it can damage the heart, blood vessels, kidneys and other parts of the body, according to NHLBI. It can also lead to a stroke.

What causes high blood pressure?

Blood pressure tends to rise with age. However, other causes may include obesity, chronic kidney disease, thyroid disease, sleep apnea or certain asthma and cold-relief medications.

Unfortunately, high blood pressure



usually has no symptoms, according to NHLBI. Occasionally, it may cause headaches.

Many people have high blood pressure for years and don’t even know it.

The best ways to prevent high blood pressure from escalating are to:

- Maintain a healthy weight
- Exercise regularly
- Manage stress effectively
- Limit the amount of salt and alcohol consumption
- Avoid cigarette smoke
- Check your blood pressure regularly

The stroke correlation

According to the American Stroke Association, a stroke happens when a blood vessel to the brain is either blocked by a blood clot, or completely bursts. This prevents oxygen from reaching the brain, causing the affected part to die.

High blood pressure is a major risk factor for stroke because it damages arteries. And when arteries are damaged, they clog or burst more easily.

For more healthy living tips

Follow TriWest on Facebook or Twitter, at:

- [www.Facebook.com/TriWest](https://www.facebook.com/TriWest)
- www.Twitter.com/TriWest

High blood pressure tips designed to curb ‘deadly killer’

AYANNA ROBINSON
U.S. Army Public Health Command

ABERDEEN PROVING GROUND, Md. — There’s a silent killer lurking, and in 2007, it claimed the lives of 336,000 Americans, as either a primary or contributing cause of death. Although you can’t see the culprit, it’s present in about one in three adults in the U.S.

High blood pressure, or hypertension, is a serious condition often referred to as the “silent killer” because it frequently has no warning signs or symptoms. It also increases the risk for heart disease and stroke, which are leading causes of death in the U.S., so it’s important to get your blood pressure checked regularly.

Blood pressure is the force of blood pushing against the walls of the arteries as the heart pumps blood. It’s measured as systolic (blood pressure when the heart beats while pumping blood) and diastolic (blood pressure when the heart is at rest between beats).

Blood pressure is always reported as systolic over diastolic pressures, for



instance, 120/80. A person is said to have high blood pressure when the systolic pressure is 140 or higher and the diastolic pressure is 90 or higher.

Follow these key steps to prevent high blood pressure and maintain a healthy heart:

Be active

Physical activity can help lower blood pressure. Spending at least 30 minutes on most days of the week engaged in moderate levels of physical activity, like water aerobics or brisk walking, is recommended for adults.

Eat healthy

A healthy, well-balanced diet that is low in total fats, saturated fats and cholesterol is a good way to keep blood pressure down. Also, eat lots of fruits, vegetables and low-fat dairy products. Certain foods like whole grain oats, celery, salmon, black beans and low-fat yogurt contain nutrients that lower blood pressure.

Being overweight or obese increases your risk of developing high blood pressure. Losing

even 10 pounds can help lower your blood pressure.

Limit alcohol

While research shows that drinking a glass of red wine a day may be a heart healthy choice, you don’t want to drink in excess. Drinking too much alcohol, among other harmful health effects, can raise your blood pressure. If you drink alcoholic beverages, do so moderately. This is equal to one drink a day for women and two drinks a day for men.

Don’t smoke

Smoking injures blood vessels and speeds up the process of hardening arteries. Smoking is especially bad for people with high blood pressure. If you don’t smoke, don’t start. If you do smoke, talk to your doctor about ways to quit.

Monitor blood pressure levels

Be sure to have your blood pressure checked regularly by your doctor. You can also monitor your blood pressure between visits.

Remember if you have high blood pressure, lifestyle changes are just as important as taking medications.

Controlling and preventing high blood pressure

Visit the following sites to learn more about controlling and preventing high blood pressure:

- www.cdc.gov/bloodpressure
- www.hooah4health.com
- www.nhlbi.nih.gov
- www.ucanquit2.org

Strong families offers a model for handling change

BRIAN P. SMITH
TriWest Healthcare Alliance

PHOENIX — Bumps, cuts and bruises are all part of any kid’s life. Dealing with deployments and multiple moves and school changes are all part of a military kid’s life. As a parent, you strive for consistency. You want safety and happiness. But what do you do when your family gets bumped, cut and bruised along the way? Adapting is a big part of being a military family. Change happens. These changes can be moves, deployments or an ill or injured parent; even a death in the family. You might need help starting a conversation with your kids about the new situation. Maybe you need something to point you in the right direction, or maybe you need someone to help guide you down the path. Whether you are starting out on your own or feel like turning to behavioral health professionals for help, you’re not alone. And remember, concentrating on your emotional health is just as important — if not more —than focusing on your physical health.

To get you started, here are three family-friendly tips from TriWest. Are you:

Modeling behavior? Children watch their parents and siblings and “mirror” what they see; it’s how they learn to walk, talk and play with others. It’s also how they learn to act in different situations. When the stress starts, how do mom, dad, brother and sister behave? Dr. Blake Chaffee, vice president, Integrated Health Care Services, TriWest Healthcare Alliance, emphasizes that parents should be aware of how they deal with stress. “Deployment periods are a time when parents are modeling self-care and coping strategies for their children,” he said. “This is the time to give your children examples of positive behaviors.”

Dealing with it? You’ll be adjusting to the new roles, schedules, and relationships, too. Dealing with all those changes can help strengthen the bonds within the family. “It’s helpful to continually remind children that change can help families become stronger and to recognize and support your child’s positive behaviors,” Chaffee said.

Getting it covered? Behaviors that do not improve over time may need extra attention. You can start by talking to your child’s primary care manager. As Tricare beneficiaries, your children will be covered when working with a specialist. Your primary care manager may be able to recommend an appropriate professional. For most outpatient behavioral health care, your child will not need a referral for the first eight visits each year. Your family has many options under Tricare to get the type of help you need.

Tricare Resources for Behavioral Health A good place to start is TriWest Healthcare Alliance’s online behavioral health and parenting resource center. Find information, self-assessments and professional resources on a wide variety of family and relationship topics where you can explore at your own pace, 24/7/365.

- www.TriWest.com/FamilySupport

Combat eyewear preserves sight

ROBERT N. KANG
U.S. Army Public Health Command

ABERDEEN PROVING GROUND, Md. — Today’s Soldiers understand the importance of mission readiness. We prepare our equipment and we train to ensure we are ready to go. But, how about your eyes - are they ready to go? Here are the facts: eye injuries are a large part of combat injuries and can lead to blindness. Your sight is important and the Army’s Military Combat Eye Protection, or MCEP, program wants to protect your eyes. The Army has teamed with commercial manufacturers to develop, test and field combat eyewear. The spectacles and goggles are tested to meet not only the industry standard, but also the even more stringent military standards. For example, the military ballistic fragmentation standards are five to six times stronger than industry standards for impact protection. Program Executive Office Soldier then places all approved eyewear on the Authorized Protective Eyewear List, or APEL. Units and/or Soldiers can choose spectacles and goggles to suit their mission needs. This provides Soldiers the opportunity to check proper fit and to ensure the product can accommodate their prescription inserts. APEL provides assurance that the items have been certified to meet military and industry standards and have been approved by users downrange. In a 2009 survey of MCEP users, 33 percent indicated personal experiences where they felt the combat eye protection saved their eye(s) from injury. Another report showed MCEP users had nearly 10 percent less eye injuries in combat operations. The same report also showed significant decrease in the severity of eye injuries in MCEP users. The USAPHC monitors battlefield data on eye injuries and the results clearly show that ballistic eye protection works. The current APEL has six goggles and nine spectacles. They all come with both clear and neutral gray tinted lenses that are interchangeable and replaceable. The products and all replacement parts have national stock numbers and can be obtained through normal logistic channels. The program also has products that protect from lasers. For Soldiers who need vision correction, four of the goggles and seven of the spectacles are compatible with prescription inserts, similar to the gas mask inserts. Unfortunately, not all the prescription inserts are interchangeable between brands. However, the program office is working to create a universal prescription inserts. Until then, it is important to know what brand of military combat eye protection you are issued, so that your local optometry clinic can order the correct prescription inserts. Even though different prescription inserts may look alike or be of similar size and shape, any “work around” is not recommended. The APEL items are tested as a “unit” with matching inserts to ensure proper protection. Testing has shown that unapproved inserts may shatter upon impact. The shattered pieces can get into the eyes and can possibly cause injury. Starting August 2011, to make identification of authorized products easier, an “APEL” logo will appear on the left temples of all APEL goggles and spectacles. Keep it simple: look around, ask around, and make Military Combat Eye Protection a part of your readiness. Use it in training and preserve your sight to fight!

Military Combat Eye Protection

Learn more about this program and see the latest authorized protective eyewear list at:

- <https://peosoldier.army.mil/equipment/eyewear>

